

Lesson Plan

Course Title

Career and Family Leadership

Lesson Title

Achieving Career Goals

Practical Problem

What should be done about developing a plan for achieving career goals?

References Used for this Lesson

Montgomery, Bette: *Career and Family Leadership*, University of Missouri-Columbia, 2002.
Instructional Materials Laboratory, University of Missouri-Columbia.

Family, Career, and Community Leaders of America, Inc., *Career Connection*, CD-ROM, *Power of One*, Reston, VA 2002, FCCLA, Inc.

Background Information for this Lesson

Career and Family Leadership, Content Module 4

External Alignment

Program Goal Addressed

(Use this area to identify how your program goal links to this lesson.)

Missouri Family and Consumer Sciences Competencies Addressed

E.5 Develop a plan for achieving career goals (Application)

Missouri Show-Me Goals/Standards Addressed

3.7 Evaluate the extent to which a strategy addresses the problem

National Family and Consumer Sciences Standards Addressed

1.2.1 Examine potential career choices to determine the knowledge, skills, and attitudes associated with each

Internal Alignment

Course/Performance/Enabling Objectives(s) for Competency

1. Identify a plan for achieving career goals. (Application)

Instructional Strategies

1. Identify a plan for achieving career goals. (Application)
Read "A Place to Start", pp. 41-42 from *FCCLA Career Connection* or *Career Connection – CD ROM*.

Complete one or more self-assessments. Contact your school counselor for possibilities.

Compare the results from the self-assessment(s) test with the skills, attitude and behaviors you identified in the previous lessons. Write a summary of your conclusions.

Questions for Discussion/Formative Assessment

1. *What do the results of the self-assessment tell you about yourself?*
2. *How do you feel about the results?*
3. *How do your dreams and goals fit into the results?*
4. *How do your skills, attitude and behaviors fit with the self-assessment?*

From your school's career center or guidance office get a list of the career clusters used in your school. Identify family and consumer sciences-related careers within each career cluster used in your school. Review the list of "Careers in Family and Consumer Sciences", p. 50, *Career Connection* or *Career Connection CD-ROM*. Add the careers to your career cluster lists.

From your list of family and consumer sciences-related careers identify one that you would be most interested in. Develop a "goal time line" which includes short-and long-term goals in reaching this career. Use "Activity Sheet #6: Goal Time Line", p. 156, (*Career and Family Leadership*) to assist with this assignment. (Critical Thinking)

Complete a "Working on Working" project pp. 19-22, (*FCCLA Power of One*). Focus the project on the family and consumer sciences-related career and the goals developed in the previous activity. Fill out the "Working on Working Project Sheet, pp. 21-22 to assess the success of your project. (Leadership, Management)

Questions for Discussion/Formative Assessment

1. *What did you learn about family and consumer sciences-related careers as you put them into career clusters?*
2. *What criteria did you use to help you identify a family and consumer sciences-related career?*
3. *How helpful is the self-assessment and the skills, attitude and behaviors that you identified?*
4. *How can you use this to help you achieve your career goals?*
5. *What critical thinking skills did you use to help develop a goal time line?*
6. *How did you use management to keep all of your materials organized for this project?*
7. *What leadership skills did you use to help make your project a success?*

Assessments

Pencil/Paper:

1. Compare self-assessment with skills, attitude and behaviors in a written summary. (Comprehension)
2. Develop a goal time line for a career. (Application)

Classroom Experiences:

1. Identify family and consumer sciences careers and place them in the appropriate career cluster. (Application)

Application to Real Life:

1. Plan and carry out a "Working on Working" project, pp. 19-22, (*FCCLA Power of One*). Assess the success of the project by completing the "Working on Working Project Sheet. (Application)